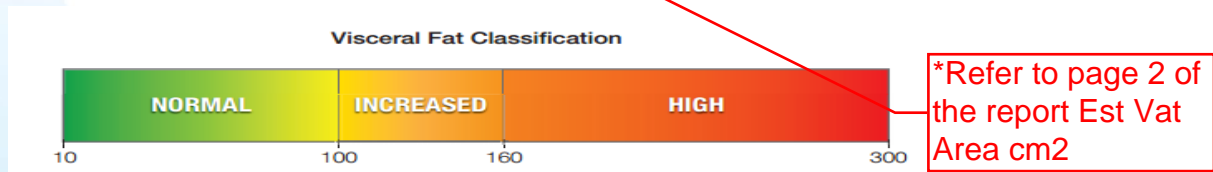


«« TOTAL BODY COMPOSITION SCAN RESULTS SUMMARY »»

Re: Female Example

- Total body bone mineral density: 1.110 g.cm<sup>-2</sup> (normal)
- Total percent body fat: 26.5 % (recommended limits<sup>1</sup> 21 % to 33 %)
- Estimated visceral adipose tissue (Est VAT)<sup>1,2</sup>: 29.5 cm<sup>2</sup> – Normal risk



- Resting Metabolic Rate: 1479 kcal/day
- In reviewing your current body composition our suggested goal is to lose 1.0 kg to 3.0 kg of fat tissue

**Suggested minimum macronutrient split to attain the suggested goal based on your RMR**

Protein (g)	Carbohydrate (g)	Fat (g)	Kcal/Day
<b>98</b>	<b>131</b>	<b>65</b>	<b>1500</b>

**Note:** Total Fat is; 1/3 saturated fats (animal and dairy) and 2/3 monounsaturated fats (Omega 3: olive oil, nuts, avocado, flaxseed/fish oil etc). A great free resource to help manage your macronutrients is found at [www.calorieking.com.au](http://www.calorieking.com.au)

**Minimum Structured Exercise Energy Expenditure Target** **1800 Kcal/week**

**Comments:**

If you have any questions please don't hesitate to contact me.

Dr Jarrod Meerkin (PhD., ESSAM, AEP)  
**Director MeasureUp**

1. Pickhardt PJ, Jee Y, O'Connor SD, Del Rio AM. Visceral Adiposity and Hepatic Steatosis at Abdominal CT: Association With the Metabolic Syndrome. AJR Am J Roentgenol. 2012 May;198(5):1100-7.
2. 13. Nicklas, BJ et al. Visceral Adipose Tissue Cutoffs Associated With Metabolic Risk Factors for Coronary Heart Disease in Women. Diabetes Care 26:1413–1420, 2003

Name: DOE, JANE	Sex: Female
Patient ID: 000000	
DOB: 01 January 1980	Age: 35

Referring Physician:

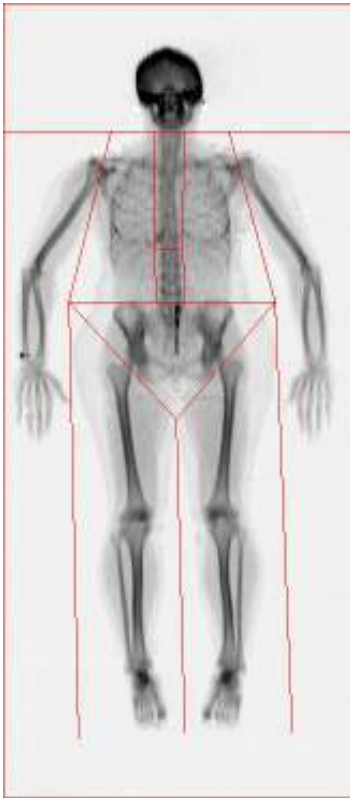


Image not for diagnostic use  
327 x 150

**Scan Information:**

Scan Date: 29 October 2015      ID: A1029150F  
 Scan Type: a Whole Body  
 Analysis: 01 January 2015  
 Comment:

**DXA Results Summary:**

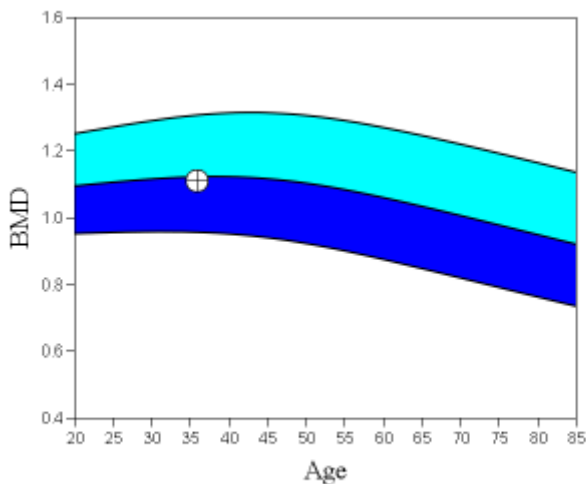
Region	Area (cm <sup>2</sup> )	BMC (g)	BMD (g/cm <sup>2</sup> )
L Arm	168.69	112.98	0.670
R Arm	179.36	130.36	0.727
L Ribs	109.43	67.22	0.614
R Ribs	113.38	66.96	0.591
T Spine	124.45	98.57	0.792
L Spine	51.75	51.36	0.992
Pelvis	175.02	200.22	1.144
L Leg	306.18	315.89	1.032
R Leg	302.23	309.20	1.023
Subtotal	1530.50	1352.77	0.884
Head	211.76	580.42	2.741
<b>Total</b>	<b>1742.25</b>	<b>1933.19</b>	<b>1.110</b>

TBAR1209

This is the weight of your skeleton in grams or 1.933kg

This is your total bone density

**Total**

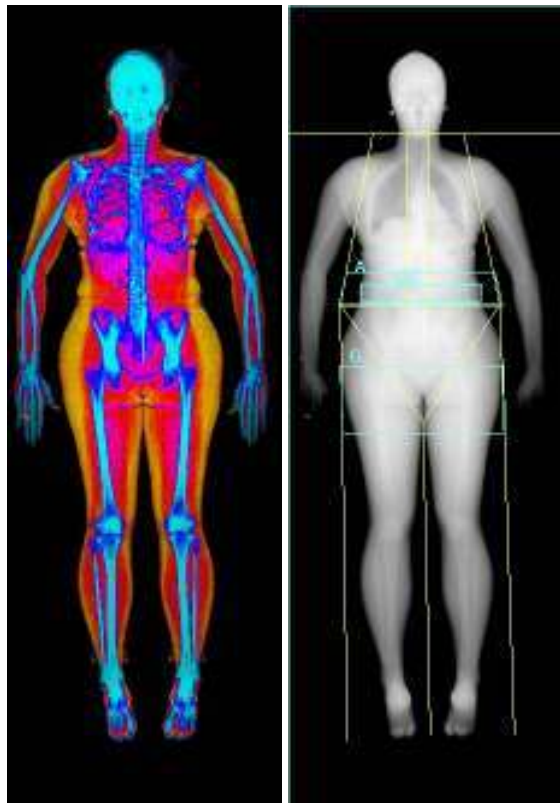


T-score vs. White Female. Source:2008 NHANES/Hologic White Female. Z-score vs. White Female. Source:2008 NHANES/Hologic White Female.

Name: DOE, JANE  
Patient ID: 000000  
DOB: 01 January 1980

Sex: Female

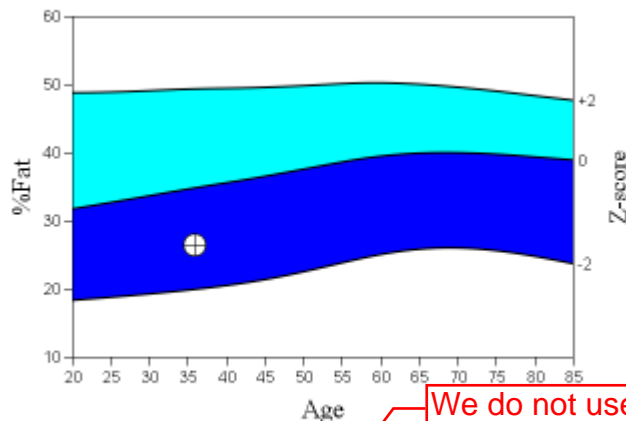
Age: 35



Images not for diagnostic use

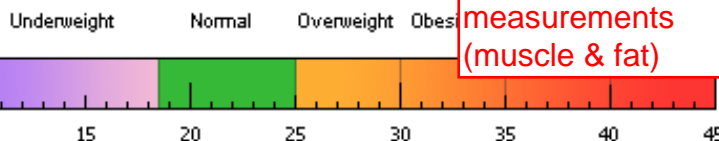


### Total Body % Fat



Source: NHANES Classic White Female

World Health Organization Body Mass Index  
BMI = WHO Classification



We do not use BMI as it is only looking at height relative to weight. We use specific body composition measurements (muscle & fat)

BMI has some limitations and an actual diagnosis of overweight or obesity should be made by a health professional. Obesity is associated with heart disease, certain types of cancer, type 2 diabetes, and other health risks. The higher a person's BMI is above 25, the greater their weight-related risks.

### Body Composition Results

Region	Fat Mass (g)	Lean + BMC (g)	Total Mass (g)	% Fat	%Fat Percentile YN	AM
L Arm	950	2177	3127	30.4	25	18
R Arm	901	2376	3277	27.5	18	12
Trunk	6240	21859	28099	22.2	24	15
L Leg	3523	7395	10918	32.3	19	15
R Leg	3625	7380	11005	32.9	21	16
Subtotal	15239	41187	56426	27.0	20	13
Head	790	3293	4083	19.3		
<b>Total</b>	<b>16029</b>	<b>44480</b>	<b>60509</b>	<b>26.5</b>	<b>20</b>	<b>14</b>
Android (A)	1030	3345	4376	23.5		
Gynoid (G)	3193	7137	10331	30.9		

These android/gynoid regions are a great way to look at specific fat loss through the trunk and hips.

The AM & the YN refers to the comparison of a sample population to understand where you sit with body fat % levels. The lower these numbers the better. The AM is the Age Matched (comparing you to the same population for your age and gender) & the YN is the Young Normal (comparing you to the same sex population at 25 years old).

### Adipose Indices

Measure	Result	Percentile YN	AM
<b>Total Body % Fat</b>	<b>26.5</b>	<b>20</b>	<b>14</b>
Fat Mass/Height <sup>2</sup> (kg/m <sup>2</sup> )			
Android/Gynoid Ratio	0.76		
% Fat Trunk/% Fat Legs	0.68	35	25
Trunk/Limb Fat Mass Ratio	0.69	37	25
Est. VAT Mass (g)	142		
Est. VAT Volume (cm <sup>3</sup> )	154		
<b>Est. VAT Area (cm<sup>2</sup>)</b>	<b>29.5</b>		

### Lean Indices

Measure	Result	Percentile YN	AM
Lean/Height <sup>2</sup> (kg/m <sup>2</sup> )			
Appen. Lean/Height <sup>2</sup> (kg/m <sup>2</sup> )			

Est. VAT = Estimated Visceral Adipose Tissue

YN = Young Normal

The Visceral Adipose Tissue is the fat stored around your organs (visceral fat). The est VAT area value is how we estimate your risk factors for diseases like heart disease and diabetes.

Name: DOE, JANE	Sex: Female
Patient ID: 000000	
DOB: 01 January 1980	Age: 35

**Scan Information:**

Scan Date: 29 October 2015 ID: 000000  
 Scan Type: a Whole Body  
 Analysis: 01 January 2015  
 Comment:

These two columns allow you to see specific regional changes in fat mass and muscle mass.

**DXA Results Summary:**

Region	BMC (g)	Fat Mass (g)	Lean Mass (g)	Lean + BMC (g)	Total Mass (g)	% Fat
L Arm	112.98	950.4	2063.6	2176.6	3127.0	30.4
R Arm	130.36	900.8	2246.0	2376.4	3277.2	27.5
Trunk	484.34	6240.1	21374.4	21858.7	28098.8	22.2
L Leg	315.89	3523.2	7079.2	7395.1	10918.3	32.3
R Leg	309.20	3624.5	7071.0	7380.2	11004.8	32.9
Subtotal	1352.77	15239.0	39834.3	41187.1	56426.1	27.0
Head	580.42	789.6	2712.9	3293.3	4082.9	19.3
<b>Total</b>	<b>1933.19</b>	<b>16028.6</b>	<b>42547.2</b>	<b>44480.4</b>	<b>60509.0</b>	<b>26.5</b>

TBAR120

This is the total body fat mass in grams or 16.02kg

This is the total muscle mass in grams or 42.54kg

This is the weight of everything in your body except fat. Known as your fat free mass

Total mass or weight is 60.50kg

Total body fat percentage is shown here